

Rocketeer II

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The official newspaper of the Naval Air Weapons Station China Lake community

Thursday, December 6, 2007

Training for China Lake, Federal Fire, VX-31, Mercy Air

By Misty Ann Ward
Editor

Specializing in rescues and hard-to-reach places, China Lake Federal Fire Department, VX-31's Search and Rescue team and Mercy Air Services Inc. got together on Nov. 27.

"This was an opportunity for all of us to meet each other and see what services we could offer each other," Training and Prevention Chief Tonny Verkuyl said.

Fire Chief Ron Sparling added, "Our training objective was to open communication between us. Our first priority would be to use our resources on base when they are capable and to use Mercy Air when we cannot provide the advanced medical support necessary. Patient care is a priority for us and to be able to use Search and Rescue or Mercy as resources helps us to provide the best care for personnel on base."

SAR and Mercy both provide support to the fire department in emergencies. Both resources provide different services. According to Lt. Hampton Parrish, one of the pilots for SAR, the group specializes in ejection rescues and injuries on the range, "We specialize in rescuing people out from between rocks or where helicopters are not able to land."

Currently SAR has four pilots who are trained to fly the UH-1N helicopter. They are in the H-60 Seahawk transition phase, where two of the pilots are trained to fly the Seahawk, one is in training and the other will be trained. According to Parrish, the H-60 Seahawk is similar to the U.S. Army's Blackhawk. By the end of the transition SAR will no longer use the UH-1N and will be doing rescue missions with the Seahawk.

Roy Cox, Mercy Air program director for area one, which includes Rancho Cucamonga, Victorville, Mojave, Hesperia and 29 Palms, said, "This was a multifaceted training opportunity for us – we got the chance to get information from the fire department and SAR about how they handle calls, and we got to share with them about how we handle calls, helicopter safety and just general information about our resources. It is always a good idea to train with the people we have



Lt. Hampton Parrish, one of the pilots for VX-31's Search and Rescue team checks out Mercy Air Services 14, Mojave, 412 Helicopter during training class on Nov. 27 at Hangar Three.

the potential to work with before a disaster happens rather than after."

Cox also added, "We can be here [at China Lake] in less than 30 minutes when we are needed."

Verkuyl said Mercy has been called out to the base for a couple of different incidents and provided support to the fire department. Each helicopter has a crew of three, a pilot, a flight nurse and a flight paramedic.

"We plan to coordinate a training session with SAR and Federal Fire to get them out in the field. We want to simulate an accident where we actually practice take-off and landing of the helicopter and provide care for the 'victims,'" Business Development Coordinator Steven Karnazes said.

According to Cox, Mercy's services are of no cost to the government agencies that call them out. He said that the patient being transported covers the costs.

"There is no cost unless there is a transport; even if we fly in and our services are not needed," Cox said.

By instruction, when someone runs a gate aboard a military installation, or it appears as if someone ran the gate, all gates allowing entrance to and exit from that location are locked until the vehicle and the driver are located. Such an incident happened Monday afternoon when a truck ran the Lauritsen Gate and entered a restricted area, forcing the closure of the Sandquist and Lauritsen gates. This in

effect caused the lockdown of the Airfield and inner ranges for approximately 25 minutes.

Employees are reminded they are required to stop at all gates, show the proper identification and wait for the guard to waive them through before proceeding. If the guard isn't being clear on what they want you to do, stop and ask. Then, call the Watch Commander at 939-3323 and let

him or her know that the guard's actions were confusing.

If you happen to drive through a gate without authorization, just turn around and go back to the gate. It will only take a couple minutes to clear up the entire matter.

Be responsible and be sure the guard has seen you and your identification and has waived you through before proceeding.

Gate running consequences



Photo by YN2 Michelle Flowers

Leighton performs War Dance

Performer, Paris Leighton, dances a contemporary War Dance at the American Indian and Alaskan Native heritage luncheon at the All Faith Chapel's East Wing on Nov. 29. See story on page 10.

Commentary

Pearl Harbor attack presents parallels to current hostilities

Armed Forces Press Service

WASHINGTON — Sixty-six years ago tomorrow, the United States endured an attack on Pearl Harbor, Hawaii, that for the next 60 years — until Sept. 11, 2001 — stood as the most devastating enemy attack on U.S. soil.

Like the terrorist attacks of Sept. 11, the Japanese raid on Pearl Harbor has been called a defining moment in U.S. history. It caught the country by surprise, rallied its people against their attackers

and thrust the nation into a long, difficult war against tyranny.

On the 66th anniversary of the Pearl Harbor attacks, they present more parallels, and possibly lessons, for today's global war on terror.

Within hours of the surprise attack in the early-morning hours of Dec. 7, 1941, more than 2,400 Americans were dead. Five of the eight battleships at the U.S. Fleet's Pearl Harbor base were sunk or sinking, and the other battleships, as well as ships and Hawaii-based combat planes, were heavily damaged.

By crippling the U.S. Pacific Fleet, Japan hoped to eliminate it as a threat to the Japanese Empire's expansion south.

The Sept. 11 attacks, in contrast, were more symbolic than tactical. The World Trade Center in New York — which al Qaeda had previously attacked in 1993 — stood as a symbol of the U.S. free-market economy. The Pentagon represented the U.S. military's command center, but not its operational arm.

The other intended target — either the White House or the U.S. Capitol,

many people speculate, if the passengers hadn't commandeered their hijacked plane over Shanksville, Pa. — represented the epicenter of the democratic U.S. government.

When the smoke cleared, the death toll from Sept. 11 topped even the devastation of Dec. 7, 1941, with almost 3,000 people, mostly civilians, dead.

Both the Pearl Harbor and Sept. 11 attacks had another similar consequence: pushing the United States into war.

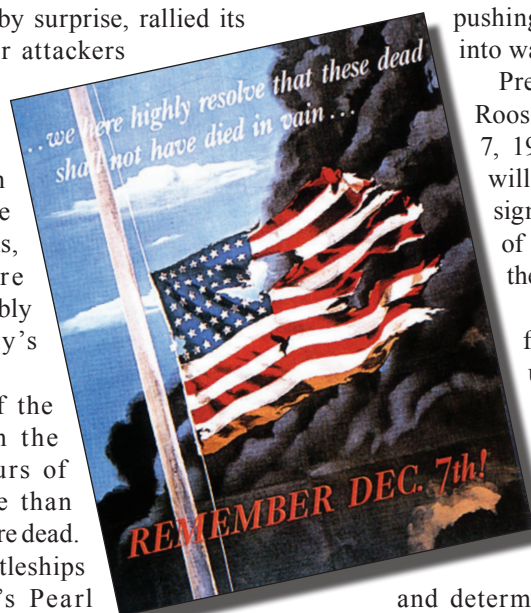
President Franklin D. Roosevelt declared Dec. 7, 1941, "a day which will live in infamy" and signed the Declaration of War against Japan the following day.

"In the 21st century, freedom is again under attack, and young Americans have stepped forward to serve in a global war on terror that will secure our liberty

and determine the destiny of millions around the world," President George W. Bush recently has said. "Like generations before, we will answer history's call with confidence, confront threats to our way of life, and build a more peaceful world for our children and grandchildren."

Bush recalled the resolve Roosevelt demonstrated as the United States went to war. "We are going to win the war and we are going to win the peace that follows," Bush said, quoting Roosevelt.

He called U.S. troops fighting today's war on terror "a new generation of Americans every bit as brave and selfless as those who have come before them" and said they, too, will see the fight through to victory.



"Freedom is again under attack, and young Americans are volunteering to answer the call," he said. "Once again, with perseverance, and courage and

confidence in the power of freedom, a new generation of Americans will leave a more hopeful and peaceful world for generations to come."

Remembrance luncheon tomorrow

A Pearl Harbor remembrance luncheon is scheduled from 11:30 a.m. to 1 p.m., on Dec. 7. The luncheon is hosted by the Elks Lodge. The cost is \$6 per person and \$5 for military.

The Navy Color Guard will present colors and the Farris Family Singers will pay a tribute to local Pearl Harbor survivors. Cmdr. Ian Anderson, VX-9, will present a slide show and share his experiences as an individual augmentee while stationed in Iraq from January to October 2007.

Please R.S.V.P. to the Ridgecrest Chamber of Commerce, at (760) 375-8331, or the Elks Lodge at (760) 375-8551.

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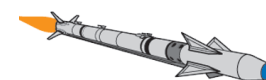
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- ☐ Air Test and Evaluation Squadron THREE-ONE — Lt. Gary Stephens at gary.e.stephens@navy.mil, or call (760) 939-6217.
- ☐ Air Test and Evaluation Squadron NINE — Lt. Jason Brown at jason.d.brown@navy.mil, or call (760) 939-5525.
- ☐ Marine Aviation Detachment — Lt. Col. Chris Mattei at christopher.mattei@navy.mil, or call (760) 939-8094.
- ☐ Naval Facilities Engineering Command — Patricia Sbrocca at patricia.sbrocca@navy.mil, or call (760) 939-0082.
- ☐ Branch Health Clinic — Cmdr. Cheryl Parham at c.parham@nhp.med.navy.mil, or call (760) 939-8002.
- ☐ Navy Expeditionary Combat Command — CWO3 John Hammond at john.d.hammond@navy.mil, or call (760) 939-6341.

Rocketeer II



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Military

Remembering our fallen heroes

By Kathi Spearow
Managing Editor

In field-testing, a property's location is everything. When current on-going hostilities broke out in Afghanistan, the United States military services turned to the China Lake ranges as a testing and training arena for those going into theater. The Station's rugged high desert conditions are famous throughout all of the services for being comparable to those in Afghanistan and Iraq.

One of the advantages of training here is that this is a U.S. location that looks just like Afghanistan. China Lake is located at the same latitude as Kabul, with a very similar landscape, including bushes, trees and rocks.

In the past seven years, approximately 500 Navy Explosive Ordnance Disposal technicians have rotated multiple times through NAWS China Lake in preparation for deployments to Iraq and Afghanistan. Each of the students received three weeks of advanced EOD training here.

Unfortunately, a total of 54 EOD technicians, from the four services — Navy, Marine Corps, Army and Air Force — have been killed in Operation Enduring Freedom, the military's response to the terror attack of September 2001,

and Operation Iraqi Freedom, the overthrow of the Saddam Hussein regime in Iraq.

"Our (Navy) casualties are not a result of improper EOD procedures," stated CWO2 John D. Hammond, the officer in charge of the China Lake EOD Training Detachment. "They have largely been a case of 'wrong place, wrong time.'"

He added, "China Lake provides the world's greatest EOD training grounds, which has allowed our teams to safely disarm countless improvised explosive devices, resulting in a much more stable Iraq." IEDs are makeshift bombs, often created from looted military ordnance.

EOD students who trained at China Lake and then were killed in Iraq include AO2(EOD) Nicholas Wilson, EODC Gregory J. Billiter, EOD1 Joseph A. McSween, EOD2 Curtis R. Hall, EODC Patrick L. Wade, EOD1 Jeffrey L. Chaney and EOD2 Kevin Bewley.

EOD Mobile Unit Eleven Company Five/Seven, at a Fallen Hero Memorial Ceremony, honored one of these men, EOD2 Kevin Bewley, on Nov. 9 at Contingency Operating Base Speicher, in Tikrit, Iraq. "Petty Officer Bewley trained at NAWS China Lake during August and September 2007. He was here along with the seven other members of his Washington



EOD2 Kevin Bewley

State platoon," said Hammond.

Kevin Bewley was a proud man of southern heritage. He was 27 years old at the time he was killed in action on Nov. 5 in Bayji, Iraq. Bewley was on his second deployment to Iraq. While operating at Forward Operating Base Summerall, Bewley served as an EOD team member, completing 18 combat missions, including 11 IED responses, two post blast investigations, four unexploded ordnance responses and one explosive remnant of war response.

The Meaning of the EOD Badge



The wreath is symbolic of the achievements and laurels gained minimizing accident potentials through the ingenuity and devotion to duty of its members. It is in memory of those EOD officers and men who gave their lives while performing EOD duties.

The bomb is copied from the design of the World War II Bomb Disposal Badge. The bomb represents the historic and major objective of the EOD attach, the unexploded bomb. The three fins represent the major areas of nuclear, conventional and chemical/biological interest.

The lightning bolts symbolize the potential destructive power of the bomb and the courage and professionalism of EOD personnel in their endeavors to reduce hazards as well as to render explosive ordnance harmless.

And finally, the shield represents the mission — to prevent a detonation and protect the surrounding area and property to the utmost.

Military

Manage finance to avoid bad creditors

Since Oct. 1, a new federal regulation prohibits creditors making payday loans, vehicle title loans and tax refund anticipation loans to active duty service members and their dependents with annual percentage rates over 36 percent.

As part of the 2007 Talent-Nelson amendment to the John Warner National Defense Authorization Act, the Department of Defense defined regulations that limit the impact of specific high cost predatory loans.

The final rule regulates the terms of these three loans when extended to active duty service members and their dependents, known as 'covered borrowers.' These three products have high interest rates, coupled with short payback terms.

The rule limits the annual percentage rate — the APR, on these loans to 36 percent. All fees and charges, with few exceptions, are included in the calculation of the annual percentage rate.

The rule also prohibits contracts requiring the use of a check or access to a bank account, mandatory arbitration, and unreasonable and onerous legal notice.

Any credit agreement subject to the regulation that fails to comply with this regulation is void from inception.

To protect against these stiff penalties, creditors offering payday loans, vehicle title loans and tax refund anticipation loans may ask loan applicants to sign a declaration statement regardless of military affiliation.

The rule further provides that a creditor or assignee that knowingly violates the regulation shall be subject to certain criminal penalties. Making a false statement when filling out this loan declaration is a crime.

Avoid debt — ask for help

The law and regulation keep the most overtly problematic credit products at bay. Unfortunately, there is still plenty of opportunity to get into financial difficulty.

Installment loans, credit cards, courtesy overdrafts and so forth, can be both helpful and a hindrance, depending on how they are used.

Military officials stress that all service members should have an emergency savings fund. Life happens. Cars break down, household appliances need replacing and so on. It is important to note that most emergencies are handled with \$500 in savings.

Officials strongly encourage service members to choose alternatives which offer products designed to help them resolve their financial crises, rebuild their credit ratings and establish savings instead of using payday loans, vehicle title loans and tax refund anticipation loans which can propel someone already overextended into a deeper spiral of debt.

The bottom line is people can only get ahead if they choose to manage their finances wisely and only assume debt that can be accommodated in the family budgets.

Individuals in need of a cash loan should seek assistance from a financial counselor at the Fleet and Family Service Center or the Navy and Marine Corps Relief Society.

Many banks and credit unions associated with the military provide low cost alternative loans.

Free, confidential financial counseling and financial planners is also available toll-free 24/7 at Military OneSource at (800) 342-9647.

Tips offered to increase advancement opportunity

From Navy Personnel Command Public Affairs

MILLINGTON, Tenn. — With advancement results released Nov. 16, many Sailors are celebrating, while others look for steps to increase their opportunities during the next advancement cycle.

According to Vice Adm. J.C. Harvey, chief of naval personnel, one thing the chain of command can do to assist Sailors not selected for advancement is schedule a Career Development Board. A CDB provides personnel the opportunity to discuss their career progression, the health of their rating, and their short and long-term goals for the future. It allows a Sailor and his or her chain of command to review the Sailor's record and identify ways to improve competitiveness in future advancement cycles.

According to the Navy's Center for Career Development, located at Navy Personnel Command, some questions a Sailor should consider include:

- What can I do to gain more authority and responsibility in my current position to make me more competitive for the next higher pay grade?
- I passed but didn't advance the last advancement exam, what changes can I make to improve my chances next time?
- To make me more competitive for advancement and round out my rating expertise, what should my next assignment or duty station be?
- What can members of this board do to assist me both professionally and personally in order to help me achieve success?
- What is the status of my rating?

Advancement is limited in overmanned rates and Sailors may want to consider a rating conversion to increase advancement opportunities.

Mentoring a Sailor, or being mentored, also helps by sharing diverse experiences and is an opportunity to learn from one another. A mentor is a trusted counselor or guide who is looking out for the best interests of his or her Sailor. This includes advancement opportunities, but also includes helping the Sailor reach other personal and professional goals.

For more information from the Naval Air Weapons Station Career Counselor, contact CCC/ESOGMC Zachary Eubank at 939-1673.



News

Now hiring

You may have seen it or heard about it, but if you have not, the next time you are on Highway 395, 14 miles before the Highway 178 west turnoff on Highway 14 is a full-size recruitment billboard for scientists, engineers, program managers and technicians needed by the Naval Air Warfare Center Weapons Division China Lake. The vacancy opportunities are in the specialized areas of research, development, acquisition, test and evaluation of weapons systems needed for current and future warfighters. This billboard is one of the ways NAWCWD is using to find and employ talented people who will carry on the rich China Lake heritage. A toll-free telephone number (866) 493-9699 is listed for interested applicants, who are located outside the Kern County area, to use.



Photo submitted by NAVAIR Public Affairs

News

Receipt Control has new hours

By Misty Ann Ward
Editor

Receipt Control is changing its hours of operation to accommodate the clerks processing the incoming overnight packages or shipments.

The new hours for unannounced pick-ups are from 12:30 to 4 p.m., Monday through non-flex Fridays, and Monday through Thursday during flex weeks.

“Over the last three months, since TechRefresh, our department has experienced radical changes to the responsiveness of our networks. This in turn has caused

serious backlogs in the processing of our receipts,” Mary Thompson of the FISC supply detachment said.

According to Thompson, they need to set aside time for the processing of the current days receipts in order to get them on the delivery trucks in a timely manner.

“We have no problem continuing to accommodate unannounced customers, however, in order to balance the network problems with customer service we must set some limits,” Thompson said.

Please contact Receipt Control for questions about the change of hours, packages and shipments or for more information at 939-2772.

Briefs

Seabee rummage sale

Bargain hunters are wanted for Seabee rummage sale.

The Seabees are having a rummage sale to raise funds for their upcoming Seabee Ball in March 2008.

The sale will be located in the parking lot on the corner of Inyokern and Knox Road. Turn right after entering the traffic circle, and then turn left into the lot. The sale is from 10 a.m. to 2 p.m., on Wednesday, Dec. 12. They will be serving your choice of soup, stew or chili with bread for \$3 starting at 11 a.m.

For more information, please contact BUCS Eric Jovellanos at 939-4754.

Cancellation of Bingo Program

The Community Support Programs staff is sorry to announce the cancellation of the Bingo Program at the Paradise Community Center, effective immediately and to continue through the month of December.

“We apologize for the inconvenience,” said the Community Support Programs Site Director Barbara Jubrey, “however we must cancel due to a lack of participation with the current Bingo Program.”

CSP is introducing a new Bingo Program to better serve the customers, beginning in January 2008. The kickoff barbeque for the new program starts at 3 p.m., on Jan. 1.

For questions or more information on the Bingo Program, please contact 939-8662 or 939-8660.

Voting registration easier than ever

The Federal Voting Assistance Program is now set up to save completed Online Federal Post Card Application and Online Federal Write-In Absentee Ballot to a personal computer for future use. The computer must have Adobe Acrobat Reader version of 7.0 or higher.

This could be useful for someone who may expect to move frequently between now and the Nov. 4, 2008 election for sending mailing address updates to the local election official. The FVAP can be contacted from the United States, Canada, Guam, Puerto Rico and the Virgin Islands with any questions via the toll-free telephone service (800) 438-8683 and from 67 countries using the specific international toll-free numbers listed on the FVAP Web site, www.fvap.gov.

Questions regarding registration may also be referred to the Director, Federal Voting Assistance Program, Department of Defense, 1155 Defense Pentagon, email: vote@fvap.ncr.gov and at www.fvap.gov. SF-76 forms (request for an official absentee ballot) are available at the Headquarters Quarterdeck. The Naval Air Weapons Station Voting Assistance Officer, SHCM William Robinson, is available to assist you in completing the SF-76. For more information, please contact him at 939-2239.

Barbershop hours

Navy Exchange barbershop hours are temporarily changing. Its operating hours will be from 9 a.m. to 5:30 p.m., on Monday through Wednesday, and it is closed Thursday through Sunday. The shop is currently looking for a full time barber. Please contact Simon Lupton at (760) 446-7474 for questions or for more information.

Commissary, Navy Exchange holiday schedule

China Lake’s commissary hours during the holiday season are as follows: Christmas week it is open Dec. 24, 27, 28, 29 and 31, and closed Dec. 25 and 26. New Year’s week it is open Jan. 3, 4 and 5, and closed Jan. 1 and 2.

The Navy Exchange’s hours during the holiday season are as follows: Christmas week it is open Dec. 24, 26, 27, 28, 29, 30 and 31, and closed on Dec. 25. New Year’s week the NEX will be open Jan. 1, 2, 3, 4 and 5.

Dental insurance for retirees

Delta Dental has been selected to continue as the contractor for the TRICARE Retiree Dental Program for the next five years.

The TRDP new five-year contract offers even more enhancements to an already comprehensive dental benefits program.

Highlights of the new contract that took effect Oct. 1 include coverage for certain posterior composite restorations and implant services and an increase in the orthodontic lifetime maximum to \$1,500.

See www.trdp.org/news/deltadentalwins.html for more information.

Navy announces rating mergers

MILLINGTON, Tenn. — The Navy announced in Navy Administration 319/07 on Nov. 30, that the merger of eight engineering ratings into three has been postponed until 2010 when the proposal will be reevaluated. Two other rating mergers have been disapproved.

The larger merger of eight ratings included combining the hull maintenance technician, damage controlman and machinery repairman ratings into one rating, the electrician’s mate and gas turbine system technician-electrical ratings into a second and the machinist’s mate, engineman and gas turbine system technician-mechanical rating into a third.

The proposal to merge interior communications electrician with electronics technician was disapproved.

The operations specialist and quartermaster merger was also disapproved.

With the release of the NAVADMIN, the Chief of Naval Personnel made it clear that the Navy considers rating mergers seriously.

Chaplain's Corner

All Faith Chapel

Christian Worship Service

(General Protestant)

10:30 a.m., on Sundays,
in the Main Chapel.

Roman Catholic

There are no Roman Catholic services available at the chapel. For Catholic programming, please contact Jean Persico at 939-2773.

Jewish Service

6:30 p.m., on Fridays, in the East Wing

Islamic-Jumaa Prayer

1 p.m., on Fridays,
Religious Education Building

Bible Studies

11:30 a.m. to 12:30 p.m., on Tuesdays,
at the Airfield Training Room, Building
20148. Free lunch is provided.

7 to 9 p.m., on Tuesdays, East Wing

of the Chapel. Officers’ Christian Fellowship. Commissioned officers, senior petty officers, senior NCOs, retirees, and those who have a heart for the military are invited.

11:30 a.m. to 12:30 p.m., on
Wednesdays, East Wing. Bring your own
lunch. Chapel staff will provide a cold
beverage.

Praise Band Practice

8 to 10 p.m., on Tuesdays, Main Chapel.
Singers, guitarists, drummers, wind
instruments, keyboardists, all welcome.
Child care is available upon request.

Sunday School

9:15 to 10:15 a.m., on Sundays
Age-graded classes available for
children age four and above,
Religious Education Building.
Adult class, East Wing.



News

U.S. Marine Corps Reserve Toys for Tots Program gets under way

The mission of the U.S. Marine Corps Reserve Toys for Tots Program is to collect new, unwrapped toys during December, and distribute those toys as Christmas gifts to needy children.

In Ridgecrest, there are multiple locations on base where the toys can be dropped off: Marine Aviation Detachment, VX-9 Squadron, VX-31 Squadron, Navy Exchange, Advanced Weapons Laboratory, Total Force Strategy and Management Human Resource Department, China Lake Fire Department, Paradise Community Center, Administration Building, Branch Health Clinic, the main entrance of Michelson Lab and the Golf Course.

Toys for Tots collection boxes will be picked up on Dec. 12 and 13.

Distribution of toys starts on Dec. 15.

The community coordinator is Ann Ryan and she can be contacted at 384-4871.

The Marine Aviation Detachment's representative is Staff Sgt. Rogelio Herrera-Juarez and he can be contacted at 939-5516.



Photo by Bill Spearow

Amanda Barrow, MWR's Liberty coordinator and ITT manager, turns over a new bear to Sgt. Armando Reyes, from the Marine Aviation Detachment, for the 2007 holiday Toys for Tots drive.

Happy Holidays

American Indian, Alaskan heritage celebrated

By YN2 Michelle Flowers

Performers, Paris, Acosia and Dancing Star Leighton, danced at the American Indian and Alaskan Native heritage luncheon at the All Faith Chapel's East Wing on Nov. 29, onboard Naval Air Weapons Station China Lake.

The program included a contemporary War Dance by Paris Leighton, a traditional Women's Medicine Dance by Acosia Leighton and Dancing Star Leighton performed a traditional Children's Ceremonial Dance. The group also led a Friendship Circle Dance where the audience members were encouraged to participate.

The theme this year was Honoring Warriors Past and Present. The Leighton's focused on the present embracing the past, as well as, paying tribute to the military.

According to Paris Leighton, he will always be grateful for what the military provides because his father served 20 years in the U.S. Navy. Native Americans have been a part of the Armed Forces since 1809 as scouts and trackers.

Embracing the past warrior brings attention to the present warrior in today's military. According to Little Deer Durbin of the Four Winds Inter-Tribal Council, remembering one's past ensures the prosperity of the new generation as well as awareness of the culture.



Photo by YN2 Michelle Flowers

Paris, Dancing Star and Acosia Leighton lead the group in a Friendship Circle Dance at the American Indian and Alaskan Native heritage luncheon at the All Faith Chapel's East Wing on Nov. 29.

Book Review

Courtesy of the Naval Institute Press

The Navy Cross - Extraordinary Heroism in Iraq, Afghanistan and Other Conflicts

Co-Authored by James E. Wise Jr. and Scott Baron

This collection of profiles in courage highlights the Sailors and Marines awarded the U.S. Navy's highest honor for valor, the Navy Cross. It is the first book to focus on the stories of those recognized for their heroic actions while serving in Iraq and Afghanistan.

Descriptions of their bravery during hellish firefights against insurgents in Baghdad, Nasiriyah, Fallujah, Mazar-i-Sharif and Kandahar read like scripts from Hollywood action films, but they are about actual events carried out by real people putting their lives on the line to save others.

This book also includes selected profiles of Navy Cross recipients from previous wars whose stories stand out as the best among an elite group.

According to the Naval Institute Press reviews, readers will marvel at the extraordinary courage shown by the awardees and at their modesty in describing their actions as something any Marine or Sailor would do. Among the recent Navy Cross recipients included are COP Stephen Bass and CPO Britt Slabinski, both Navy SEALs; the "Fallujah Seven" Marines; Capt. Brent Morel; Sgt. Willie L. Copeland III; 1st Sgt. Bradley Kasal; Sgt. Robert J. Mitchell; Sgt. Jeremiah Workman; Sgt. Jarrett Kraft and Lance Cpl. Dominic D. Esquibel.

Taken from the book's preface, "The word *hero* has been abused to the point of where today anyone – a celebrity, an athlete, a politician or just someone doing the right thing – might be crowned with the title." In truth, however, a hero is someone who puts his or her life on the line for others. Military men and women, law enforcement officers, firefighters, emergency medical teams – in other words, our *first responders* in crisis situations – are America's true

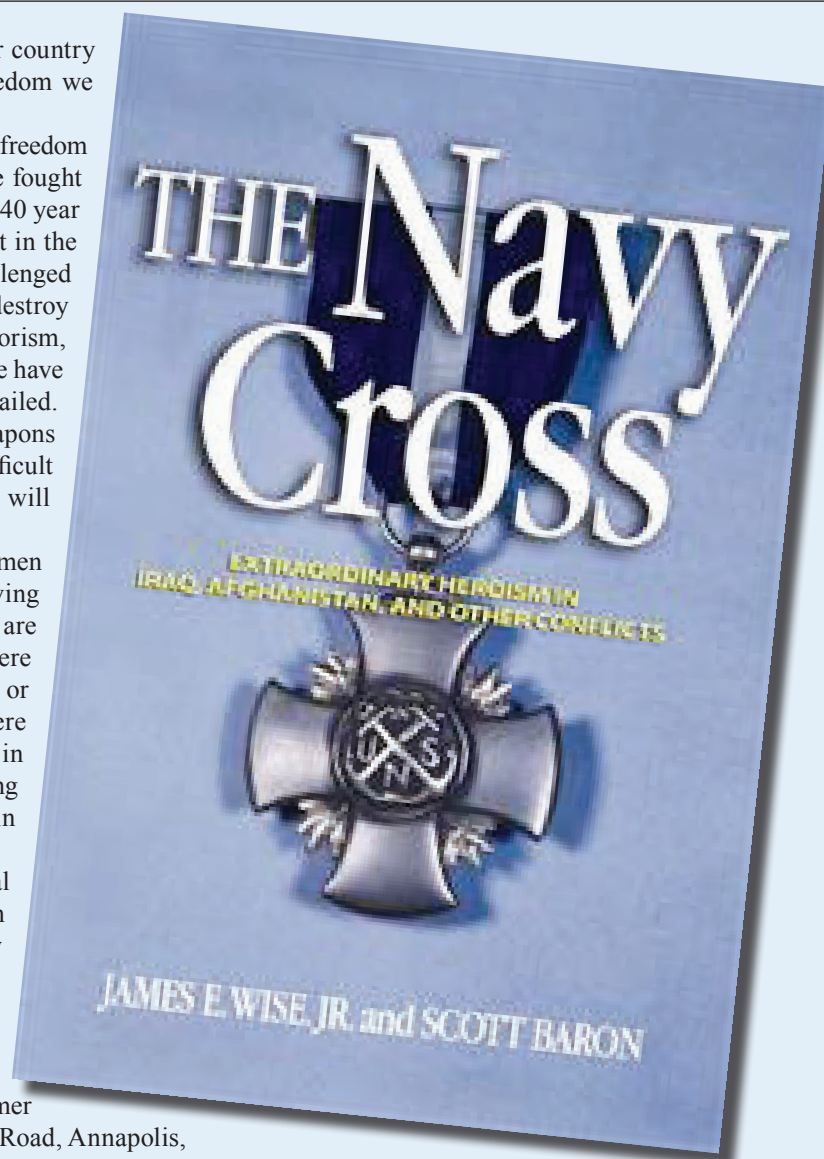
heroes. Their dedication to keeping our country and citizens safe to protecting the freedom we enjoy is too often taken for granted.

Today the United States is a bastion for freedom as a way of life. In the past century we fought in world wars, limited conflicts and the 40 year Cold War to preserve that freedom. But in the days to come, we as a nation will be challenged more and more by forces that want to destroy America and what it stands for, by terrorism, subterfuge or outright confrontation. We have met such threats before and have prevailed. In today's world of possible nuclear weapons proliferation, our task will be more difficult and only time will tell where America will stand in the world in the years to come.

There is no question that our military men and women, all volunteers, who are serving their country in Iraq and Afghanistan, are heroes. In fighting an insurgency war there is no safe haven. There are no rear lines or front lines. Soldiers can be killed where they sleep, where they work, on patrol in dangerous environments or just attempting to help people, who live, suffer and die in those countries.

James E. Wise Jr. is a former naval aviator, intelligence officer and Vietnam veteran. He retired from the U.S. Navy as a captain. Scott Baron is a U.S. Army veteran of the Vietnam War and a former law enforcement officer.

This book is available in book stores online at www.usni.org, or direct: Customer Service, U.S. Naval Institute, 291 Wood Road, Annapolis, MD 21402. The ISBN number is 978-1-59114-945-3.





Fit Factor encourages youth to inspire their family

By Misty Ann Ward

Editor

Get up, get out and get fit.

The China Lake Child and Youth Programs launched the Navy's new youth fitness initiative, Fit Factor, on Nov. 20. It encourages physical activity, healthy eating selections and rewards youth between the ages of six and 18 for their healthy choices.

"We want the children to develop life-long healthy habits," Youth Activities Director Jon Sims said. "Ultimately we are encouraging Navy family fitness by teaching the children to inspire their family to be more physically active and to develop healthy eating habits."

Fit Factor is a web-based program that has five different achievement levels: Energy, Strength, Agility, Adventure and Endurance. The participants are rewarded once they pass into a new level.

Kaycee Kohut, Sean Tanner and Max Vargas, all from the Movin' on Up program at the School Age Care Center, made it to the first level before the Fit Factor block party.

"You get active and you move around a lot. You don't just sit around and do nothing," Tanner said.

Kohut added, "I joined Fit Factor because I like doing a lot of stuff. Jogging around the track at school

is my favorite thing to do."

The program encourages children to be physically active for at least 60 minutes each day. By making healthier lifestyle choices they can inspire family and friends to be more physically active. Limiting the amount of time each day they watch TV or play on the computer or video games; and by adopting healthy exercise routines, including a broad range of physical and leisure-time activities, they cannot help but be healthier.

"I run, lift weights and do chores," Vargas said. "It [being a part of Fit Factor] will be good so I won't be a couch potato and so I can stay fit the rest of my life."

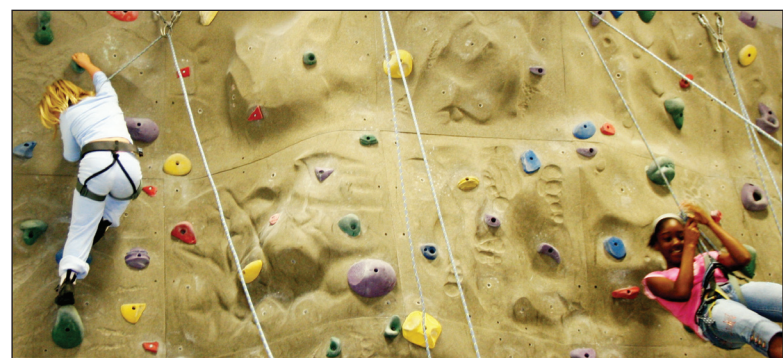
The program was kicked-off with a block party with activities at Castle X and at the MWR Sports and Fitness Complex. The children got a chance to learn some yoga, climb the climbing wall, to play tennis, basketball, volleyball and more.

"Being healthy and fit puts youth in touch with their bodies, establish a desire to set personal goals and increase their self-esteem," Sims said. "The U.S. Navy Child and Youth Program's Fit Factor will play a major role in keeping our youth and their families healthy and in shape."

For more information about Fit Factor, call Castle X at 939-8336 or the School Age Care Center at 939-2909.



Sean Tanner, Kaycee Kohut and Max Vargas, all from the Movin' on Up program at the School Age Care Center hanging out before school starts playing a game of soccer.



Photos by Misty Ann Ward

The children participate in yoga, rock climbing and other physical activities at the Fit Factor block party on Nov. 20, at Castle X and at the MWR Sports and Fitness Complex.

Healthy diet, exercise has many benefits



Photo by Misty Ann Ward

Fit Factor block party yoga session.

Weight training and running or any other physical activity makes one stronger, increases metabolism, good cholesterol and muscle building hormones, while improving bone density, self-esteem and the heart and lung's ability to bring oxygen to muscles and get rid of carbon dioxide.

A common question is: "I wanted to get into better shape, so I began lifting weights, running more and eating healthier. Are there any supplements I should take, too?" The short and simple answer is, no. Advertised sports supplements are not regulated by any agencies and can be unsafe. A healthy diet, a well-designed strength training program, cardiovascular exercise and daily physical activity will improve body composition.

There are some everyday foods that are useful for exercise recovery and that can give the same edge that sport supplements provide. Some of the foods include low-fat cottage cheese, chocolate or vanilla soymilk and low-fat chocolate milk. They are great because they have whey and casein protein, two important proteins for muscle repair. Look for foods that contain a four to one ratio of carbohydrate to protein, which helps replenish glycogen (stored carbohydrate) that will be used for the next workout.

Trying a workout that is too rigid to fit into a busy schedule or too intense for the body to withstand is a recipe for failure. Making small changes in everyday choices, eating breakfast daily, drinking low-fat chocolate milk after exercise, eating more fruits and vegetables, consuming more low-fat meat instead of high-fat meats, drinking less soda or sugar drinks, and switching to whole grain bread instead of white bread, are ways to modify eating habits from poor to healthy.

Taylor new Outdoor Recreation manager

Rock climbing, repelling, camping and fishing are just a few of the activities the new MWR Outdoor Recreation manager Heather Taylor gets to do as part of her job.

"It is my dream job, especially right out of college," Taylor said.

She graduated from Missouri State University with her bachelor's degree in Recreation Leisure Studies with an emphasis in outdoor recreation. Prior to working for MWR in China Lake, Taylor worked one summer at MWR in Yorktown, Va., on a Coast Guard base; and another summer she worked for the MWR in Fort Lewis, Wash., on an Army base.

Although she is an outdoor recreation enthusiast now, Taylor started out in college with her emphasis on community recreation, management of YMCAs and parks and recreation departments. According to Taylor, it was her summer at Fort Lewis that changed her mind. She said all she did was outdoor recreation and when she got back to school, she changed her emphasis.

"Being outdoors is something my family and I have always done. When I went to Washington, I saw all the possibilities. I decided to change my major to outdoor recreation. It is so soothing and calming. It is a powerful feeling to overcome a fear of heights when you are rock climbing or repelling," Taylor said. "And, it is empowering to help challenge other people."

Taylor is looking forward to taking groups on trips to Mammoth, camping, white water rafting and the many other trips China Lake's MWR outdoor recreation branch has to offer.

"Ultimately my goal would be to bring outdoor recreation and families together. Teambuilding keeps a family together. It helps bring up family conversations," Taylor said.

Active duty military, retired, reservists, dependents and DOD and their dependents are all authorized patrons who can rent equipment from outdoor recreation: mountain bikes, mountain boards, land sails, boats, camping equipment, trailers and much more. Equipment reservation is required and it can be done from 8 a.m. to



Photo by Misty Ann Ward

Heather Taylor

4 p.m., Mondays and Fridays, and from 10 a.m. to 6 p.m., Tuesday through Thursday, at the outdoor recreation yard located next to the main gym through Jan. 1.

More information on the upcoming trips and events can be found in the monthly calendar printed in the *Rocketeer II*. For more information on equipment rentals and upcoming trips, please contact outdoor recreation at 939-3006.

New Outdoor Recreation hours

Effective Jan. 2, 2008, there will be a change to the hours of the Outdoor Recreation Office onboard NAWS China Lake.

The new hours are: 9 a.m. to 5 p.m., Monday through Saturday and noon to 5 p.m., on Sundays.

This change is to better serve the customers.

For questions or more information on the Outdoor Recreation Program, please contact 939-3006.

Human Resources

Leave Transfer Program

The employees listed have been approved as leave recipients under the Leave Transfer Program. These employees have exhausted annual and sick leave because of medical emergencies and anticipate being in a leave-without-pay status for at least 24 hours. Employees who wish to help may donate annual leave by submitting a completed OPM 630-A Request to Donate Annual Leave (Within Agency) form. Send your completed form to Code 731000D Stop 1316, Attn: Susan Haynes, or you can fax to 939-1173.

NAME	CODE	
Breitengross, Rick A.....	N45NCW	Marcum, Roger A.685100E
Courville, Dorothy W.....	254E00D	Perez, Susan M.J25000E
Dunning, Danna J.....	781100E	Poole, Claudia781100D
Estes, James W.....	52510MD	Pumphrey, Lowell S.691000E
Gupton, Ethel F.....	71320AE	Ross, Deborah E.414300D
Hornibrook, Charles S.....	N21NLW	Saucedo, Peggy T.....451100D
Hugbo, Colin K.....	472100D	Wadlin, Pamela.....71320AD
Jackson, Elaine M.....	FISC	Wong, Jennifer.....452200E
		Wysong, Jonathon M.475100D

Scholarships for Military Children Program begins

DeCA’s 2008 Scholarships for Military Children Program kicked off Nov. 1. Applications are available at commissaries worldwide and online through a link at <http://www.commissaries.com> and directly at <http://www.militaryscholar.org>, and must be turned in to a commissary by close of business on Feb. 20, 2008.

Applicants must submit an essay arguing for or against the following

statement: “Every able-bodied citizen should be required to serve a two-year period of time in the military. Why or why not?” The program is open to unmarried children under the age of 21 (23 if enrolled in school) of military active-duty, reserve, guard and retired personnel. Eligibility will be determined using the Defense Enrollment Eligibility Reporting System database. Applicants should ensure that they, as well as their sponsor, are enrolled

in the DEERS database and have a current ID card. Applicants must be planning to attend, or already attending, an accredited college or university full-time in the fall term of 2008, or enrolled in a program of studies designed to transfer directly into a four-year program.

The program has awarded 3,532 scholarships totaling more than \$5.5 million dollars to children of military families since it began in 2001.

Retirements

Steve Mendoca is retiring. Please join us to say farewell at The Point Restaurant, in Point Mugu, from 4:30 p.m. to 6:30 p.m., on Dec. 13. Tickets are \$15 per person which includes appetizers and no host-bar. Donations are also being collected for gift.

For tickets or presentation, contact Point Mugu: Rosa Lopez, 989-7275 or Cindy Nunez, 989-8751; China Lake: Linda Knollenberg, 939-4226; Patuxent River: Dawn Gehrig, 342-3588.

Richard Ehlers is retiring after 37 years of service. We are having a farewell luncheon at Sizzler in Ridgecrest at 11:30 a.m., on Jan. 7. Call Teresa at 939-6353 to R.S.V.P.

Bill Lyons, of the NAWS Emergency Management Office, is retiring after 30 years of federal service. The party is at 11:30 a.m., on Jan. 8, at the Texas Cattle Company, in Ridgecrest. Please call Cherry Rivera at 939-2211 to R.S.V.P.



Public speaking, not so scary

By Misty Ann Ward
Editor

Welcome ladies and gentlemen to uh, the uh, first annual uh... Does this sound familiar? China Lake Toastmasters Club Number 853 can help.

Public speaking, giving a presentation or even just giving a toast at a dinner party can be very nerve-racking for a person who is not comfortable talking in front of people.

Toastmasters is an international club that helps people with public speaking and giving presentations. It also has a leadership program for people who need to learn more about positive leadership, speaking like a leader, teamwork and learning leadership.

The club originated at a YMCA in Santa Ana, Calif., in 1924. It started as a men's only club and around 1980 it was opened up to women too. China Lake's club was chartered on May 1, 1950. It was the 853rd club to form in the U.S.

According to Toastmasters International, the nonprofit organization now has nearly 220,000 members in 11,300 clubs in 90 countries, offering a proven, and enjoyable, way to practice and hone communication and leadership skills.



"The goal we hope to help people accomplish at Toastmasters, is to develop a joy at speaking," David Wirtz a member since 1974 said. "We help you to learn to control your fears and to say what you want to say. Therefore, you can take some joy from speaking and have fun too."

Until about 15 years ago the club had dinner meetings at the old Officer's Club to practice giving speeches and talking in a banquet environment.

Currently the club meets from 6:30 p.m. to 8 p.m., on Thursdays, except during holiday weekends, at the Naval Air Weapons Station Training Center. In the summer the club meets at the same time, every other non-flex Thursday to better accommodate busy summer schedules.

Toastmasters is also a way to get training credits. Another benefit of joining the club is when 10 speeches are completed from the first manual, one can opt to receive a letter from Toastmasters International that gets mailed directly to your supervisor to put in the training jacket.

For more information on Toastmasters International visit <http://www.toastmasters.org>, or contact Club Number 853 President Brenda Waters at (760) 382-5515. E-mail her at bwaters@mchsi.com.

Staying safe over the holidays

By Joyce Grant M.Ed
Installation Sexual Assault Response Coordinator

The holidays can be a social and emotional time when good judgments can be compromised by peer pressure. There is often an increased opportunities for alcohol consumption, and a desire for companionship.

Online dating has become an extremely popular avenue for meeting prospective companions. In general, it is a legitimate medium in our modern world for meeting individuals who are interested in a relationship. However, some recent high profile news stories have demonstrated that this practice is not without risk and it pays to follow some wise guidelines in order to have a safe and enjoyable experience.

Be selective and choose reputable online dating services. Do the homework and research companies which advertise on the internet. *Single and looking* chat-rooms are very attractive to sexual predators and married persons. According to a study by MSNBC, nearly 30 percent of persons using online services are already married. Check internet safety sites for excellent tips that will assist in detecting an individual who may be married or has a dangerous agenda. Common sense red flags about a person include:

- Chooses not to post a photograph
- Skips over introductory courtesies and rushes to premature intimacy
- Pushes normal boundaries/content of conversation is highly sexual
- Requests a phone number but doesn't provide one or will only share a cell phone number
- Is secretive about home life, work and schedule
- Phone calls or e-mails are at unusual times, such as very late or very early
- If the relationship proceeds, the person never introduces his or her friends or family
- If someone doesn't feel right, back off or, at best, proceed with greater caution until an informed decision can be made. Intuition is a powerful psychological tool that will help assess a situation for safety and well-being. Overriding it with denials or rationalizations can lead a person deeper into a problem. Alcohol or drug use can make it impossible to give responsible consent to freely chosen behaviors when meeting for a first or second time.

Community Support

JANUARY COMMUNITY SUPPORT PROGRAMS CALENDAR

BACHELOR'S QUARTERS • CHILD & YOUTH PROGRAMS • DINING SERVICES • FAMILY HOUSING • FLEET & FAMILY SUPPORT CENTER • MWR • NAVY GATEWAY & INNS

Facility Phone #	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Auto Skills Center 939-2346			HOLIDAY NEW YEAR'S 1 Bingo & BBQ Golf Lunch Special New Year's Dinner Party Polar Bear Plunge DisneyLand-Teens	Club Tech 2 Pool Tourney & Nachos 2-fore Golf Special IA Support Group Music for Toddlers Brown Bag Workshop Wing Night B-Mountain Hike Pick-up Hockey Climbing Wall Open Your Car Care Clinic Aerobic Classes	Triple Play Activity 3 Popcorn Day Torch Club Video Game Tourney Golf Lunch Special Nacho Night FREE Active Duty Bowling Landsailing Pick-Up 35+ B-Ball Aerobic Classes	Hot Cocoa Day 4 Triple Play Activity Pick-up Hockey Dinner & a Movie Golf Lunch Special B-Mountain Hike Family Volleyball Family Fitness	Hockey Trip-Teens Whale Watching Whale Watching Extreme Bowling Family Fitness
CDH 939-6683							
Gym 939-2334							
Outdoor Rec 939-3006	6 Active Duty Golf Special NFL Sunday Ticket Family Fun Bowling Lap Swim*** Open Swim***	7 Aerobathon Basketball Registration Begins Triple Play Activity Monday Night Football and Wings 2-fore Golf Special Aerobic Classes Water Fitness***	8 Bingo Triple Play Activity Landsailing Taco Night Golf Lunch Special Kids Art Play Group Climbing Wall Open Aerobic Classes	9 Club Tech Pool Tourney & Nachos 2-fore Golf Special IA Support Group Music for Toddlers Brown Bag Workshop Wing Night B-Mountain Hike Pick-up Hockey Climbing Wall Open Resume Writing Aerobic Classes	10 Triple Play Activity Popcorn Day Torch Club Video Game Tourney Credit Managment Class Golf Lunch Special Nacho Night FREE Active Duty Bowling Landsailing Pick-Up 35+ B-Ball Aerobic Classes	11 Pick-up Hockey Hot Cocoa Day Triple Play Activity Birthday Celebration Golf Lunch Special B-Mountain Hike Family Volleyball Family Fitness Mammoth Ski Trip----- Mammoth Ski Trip----- Mammoth Ski Trip-----	12 Paintball-Teens Extreme Bowling Family Fitness
CSP/MWR 939-3440							
Golf Course 939-2990							
Pools 939-2334	13 NFL Sunday Ticket Family Fun Bowling Active Duty Golf Special Lap Swim*** Open Swim***	14 Triple Play Activity Monday Night Football and Wings 2-fore Golf Special Aerobic Classes Water Fitness***	15 Bingo Landsailing Triple Play Activity Taco Night Golf Lunch Special Kids Art Play Group Climbing Wall Open Aerobic Classes	16 Club Tech Pool Tourney & Nachos Resume Writing 2-fore Golf Special IA Support Group Music for Toddlers Brown Bag Workshop Wing Night B-Mountain Hike Pick-up Hockey Climbing Wall Open Aerobic Classes	17 Triple Play Activity Popcorn Day Torch Club Extreme Bowling Golf Lunch Special Nacho Night FREE Active Duty Bowling Landsailing Pick-Up 35+ B-Ball Aerobic Classes	18 Spending Plan Class Pick-up Hockey Triple Play Activity Hot Cocoa day Dinner & a Movie B-Mountain Hike Family Volleyball Aerobic Classes Family Fitness	19 Tahoe Sport Fishing Tahoe Sport Fishing Tahoe Sport Fishing Extreme Bowling Family Fitness
Bowling Center 939-3471							
Dining Services 939-8662							
Family Housing 939-4450	20 Active Duty Golf Special NFL Sunday Ticket Family Fun Bowling Lap Swim*** Open Swim***	21 HOLIDAY MARTIN LUTHER KING DAY Monday Night Football and Wings 2-fore Golf Special	22 Bingo Landsailing Triple Play Activity Red Rock Canyon Night Hike Basketball League Starts BQ Cooking Night Golf Lunch Special Kids Art Play Group Climbing Wall Open Aerobic Classes	23 Club Tech Pool Tourney & Nachos 2-fore Golf Special IA Support Group Music for Toddlers Brown Bag Workshop Wing Night B-Mountain Hike Pick-up Hockey Climbing Wall Open Aerobic Classes	24 Popcorn Day Triple Play Activity Torch Club Video Game Tourney Art of Baby Massage Golf Lunch Special Nacho Night FREE Active Duty Bowling Landsailing Pick-Up 35+ B-Ball Aerobic Classes	25 Hot Cocoa Day Triple Play Activity Movie Night Golf Lunch Special B-Mountain Hike Family Volleyball Family Fitness Pick-up Hockey Snowbowl, AZ. Trip-----	26 Extreme Bowling Family Fitness
School Age Care 939-2909							
Castle X (Teens) 939-8336							
Fitness 939-0756	27 NFL Sunday Ticket Family Fun Bowling Active Duty Golf Special Lap Swim*** Open Swim***	28 Monday Night Football and Wings Triple Play Activity 2-fore Golf Special Aerobic Classes Water Fitness***	29 Bingo Triple Play Activity Landsailing Taco Night Golf Lunch Special Kids Art Play Group Climbing Wall Open Aerobic Classes	30 Club Tech Pool Tourney & Nachos IA Support Group Active Duty Golf Special 2-fore Golf Special Music for Toddlers Brown Bag Workshop Wing Night B-Mountain Hike Pick-up Hockey Climbing Wall Open Aerobic Classes	31 Triple Play Activity Popcorn Day Torch Club Video Game Tourney Golf Lunch Special Nacho Night FREE Active Duty Bowling Landsailing Pick-Up 35+ B-Ball Aerobic Classes		
ITT 939-8644							
Visitors Quarters 939-3146							
CDC 939-3171							
FFSC 939-4545							
Liberty 939-4386							
	*** Lap Swim, Open Swim, and Water Fitness are available at other times during the week *** Please note--all events and activities are subject to change.						

TIDBITS!!!

JANUARY AUTO HOBBY DEAL -MILITARY GET 50% OFF - ALL OTHERS GET 25 % OFF.
COME CHECK OUT OUR NEW DAILY SPECIALS AT THE GOLF COURSE, THERE IS SOMETHING FOR EVERONE.
AUTO HOBBY DOES BRAKE JOBS-STOP IN FOR DETAILS.

COME TAKE ADVANTAGE OF OUR FAMILY PACKAGE FOR \$35 DURING THE MONTH OF JANUARY AT OUTDOOR REC.
PLAN YOUR NEXT PARTY AT THE BOWLING CENTER AND COME OVER FOR LUNCH AT THE SNACKBAR ON THURSDAYS AND FRIDAYS.